

DECLARATION

As the below named inventor, I hereby declare that:

My residence, post office address, and citizenship are as stated below next to my name.

I believe that I am the original and first inventor of the subject matter which is claimed and for which a patent is sought on the invention entitled

Weight Lifting Apparatus

the specification of which is attached hereto.

I hereby state that I have reviewed and understand the contents of the above-identified specification, including the claims.

I acknowledge the duty to disclose information which is material to the examination of this application in accordance with Title 37, Code of Federal Regulations, § 1.56.

I hereby claim foreign priority benefits under Title 35, United States Code, § 119 of any foreign application for patent or inventor's certificate listed below and have also identified below any foreign application for patent or inventor's certificate having a filing date before that of the application on which priority is claimed.

Prior Foreign Application

_____	_____	_____	Priority Claimed
(Number)	(Country)	(Month/Day/Year Filed)	[] []
			Yes No

Prior U.S. Application

60/414,405	U.S.	September 30, 2002	Priority Claimed
(Number)	(Country)	(Month/Day/Year Filed)	[X] []
			Yes No

POWER OF ATTORNEY

I hereby appoint Ralph A. Dowell (Reg. No. 26,868) and Wendy M. Slade (Reg. No. 53,604), Dowell & Dowell P.C., Suite 309, 1215 Jefferson Davis Highway, Arlington, VA, 22202-3122, as our attorneys or agents to prosecute this application, to make alterations and amendments therein, to receive the patent and all correspondence relating to this application, and to transact all business in the United States Patent and Trademark Office connected therewith, and the said attorneys or agents are hereby given full power of substitution and revocation.

Please address all correspondence concerning this application to:

Ralph A. Dowell
Dowell & Dowell, P.C.
Suite 309, 1215 Jefferson Davis Highway
Arlington, VA
22202-3122

We hereby declare that all statements made herein of our own knowledge are true and that all statements made on information and belief are believed to be true; and further that these statements were made with the knowledge that willful, false statements and the like so made are punishable by fine or imprisonment, or both, under Section 1001 of Title 18 of the United States Code and that such willful false statements may jeopardize the validity of the application or any patent issued thereon.

Full name of inventor: Darren VISCOUNT

Darren Viscount Aug 20/03 Canada
Inventor's Signature Date Citizenship

784 Westwood Drive
Cobourg, Ontario
~~K9A 4R4~~ 4W6 DV
Canada
Residence and Post Office Address